

Deep Breathing Just Hats

Health and Beauty.

Slowly inhale deep breath, raise.

one leg upward and back and op-

posite arm forward and up. Hold

till lungs are fully inflated, then

resume starting position and ex-

CHAPPED LIPS-HARRIET R.

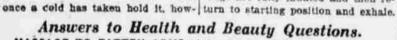
Avoid biting the lips and do not wet them in the cold. Melt over lukewarm water: Spermaceti, one-half ounce; oil sweet aimonds, one ounce; white wax, five drams. This may be colored with carmine after removing from the

with carmine after removing from the heat and while beating if desired.

By Pauline Furlong How to Prevent "Colds"

T is always possible to warm the body through deep breathing of fresh, pure air, and thin women who suffer from the cold must learn to understand that the chilly feeling is caused by the tensed nerves preventing a free circulation of the

bired throughout the body. Many common colds could be prevented through deep breathing, and I will tell you why: When a cold starts to take bold of the body the pores of the skin close up, and this forces the moisture which comes through them to remain within the system and poison it. Naturally this poison fluid forces its way through the point of least resistance—the weakest part of the mucous lining of some important organ or through the lungs or nasal passages. The only way to relieve a cold is to remove these disturbing elements ever, may be stopped by the above through copious water drinking for hygienic methods-bot baths, light the kidneys, hot baths to open the diet, copious water drinking and pores and cathartics to help elim- fresh air. inate waste matter, and light diet A deep breathing and stretching meanwhile. However, deep breath- exercise which affects many parts of ing will, in nine cases out of ten, pre- the body is given to-day. Practise it vent a cold from attacking a person, when convenient in the following especially one in ordinary health, and manner: Stand with feet nearly towhen you start to sneeze and feel gether, arms at sides. Slowly inhale chilled take warning and put on a deep breath and raise the left leg some loose clothing, a warm sweater upward and back and rise up on toe and cap, go out in the open air and meanwhile, and raise right arm, as



take deep breaths and hold them until shown. Hold this position until the you feel warm and refreshed. When lungs are fully inflated and then re-

MASSAGE TO FATTEN ARMS—
FRANCES T.: Do not depend on
massage entirely. It will bring few
results unless you exercise the arm
of greasy creams on the nose. and chest muscles each day persist-OLIVE OIL FOR THIN FACE—MABEL T: Do not use this for massage purposes; it may make the skin yellow. Build up the general system through nourishing foods, mild exercises and deep breating and the face will become more round. ently. Chest raising and chicken wing exercise will quickly develop the up-per arms, and the effect of muscular exercises is permanent, while mas-sage is frequently only temporary.

cold baths for the feet—about three minutes of each—for a half hour each night. Thorough drying of the feet with a coarse towel. Vigorous mas-eage with olive oil or cocoa butter, and heel and toe raising will help stimulate the blood supply to the feet and warm them. nd warm them.

LARGE NECK AND GOITRE-MRS. H. G. V.: It is impossible for me to express an opinion on this. If you have any doubt about the mat-ter see a physician at once and do not delay. The neck may be easily not delay. The neck may be easile enlarged, however, through over-ex

for Sugar

SYNOPSIS OF PRECEDING CHAPTERS

Copyright, McClure Newponer Syndicate.)

This Karn is a street strands coaracter, wealth, cultivated, Leximan is of Karn in a previous property of the head of Remington Kare, a Greek, at it was the poculiarity of retaining moiseure, keeping bread and cakes, for instance, fresh and soft for a long time, it is delicious on dry cereals of all kinds, even dry bran. In combination with most fresh fruits and nuts, there is no sweet like honey. Try it with black avends fresh fruits and nuts, there is no sweet like honey. Try it with black avends from the holes of the sale.

SYNOPSIS OF PRECEDING CHAPTER I (Copyright, McClure Newponer Syndicate.)

ICOPYRIST The Secure Syndicate.)

ICOPYRIST. McClure Newponer Syndicate.)

This Karn is a title retrain coaracter, wealth, cultivated, Esman as a second correct to her before a Greek. At the sale of the control of the sale of with baked apples, baked peaches, sour cherries, boiled or baked quinces, grapefruit, cocoanut, almonds and Brazil nuts, and you will surely wan

Brazil nuts, and you will surely want it a second time. Raisins, spices and spicy seeds bland well with honey. Honey cakes, as we have said, are noted for their keeping qualities. For this reason, the use of honey is recommended for wedding or black

deemably.

The letter was written on a paper and surprisingly calm.

Which was specially prepared by a little of the flour to dust over the raisins. -Add dry ingredients, reserving a little of the flour to dust over the raisins. -Add dry ingredients alternately with the milk to the first mixture, beat well, add raisins and bake in a well greased and floured loaf pain in a moderate oven.

Honey is unequalized for making small cakes for afternoon teas. The following will keep indefinitely:

NUTLETS.

We the descending and brown which was written on a paper and surprisingly calm.

Which was written on a paper and surprisingly calm.

"I think there are one or two things the cross roads had been swept of the moment the slow in the flowing in the moment the paper was exposed to the moment the paper was exposed to the mixture, beat well, add raisins and bake in a well greased and floured loaf pan in a moderate oven.

Honey is unequalited for making small cakes for afternoon teas. The following will keep indefinitely:

"Kara burnt it," said Lexman in a low voice. "I remember seeing him low voice. "I remember seeing him low voice." I remember seeing him low voice. "I remember seeing him alow voice." I remember seeing him low voice. "I remember seeing him alow voice." I remember seeing him alow voice. "I remember seeing him alow voice." I remember seeing him alow voice. "I remember seeing him alow voice." I remember seeing him alow voice. "I remember seeing him alow voice." I remember seeing him alow voice. "I remember seeing him alow voice." I remember seeing him alow in the flow of the four or the dustry the connect which which were merely the connect which the light. She was unusually pale leas night. She was

NUTLETS.

1 curful thorisanns 1 metal bones i curful brown sught 1 units despend and metal less 2 and less sensing a mark. I test contain suit, I test contain suit, I test contain suit, I test contain suit, I test contain contain suit. I test contain chaines a sught season suit. Sift the dry ingredients together, beat the egg well and mix in orther given. This will make a stiff batter drop by teaspoonfals on a greated and batter. pan and bake in a moderate oven, as This recipe makes about eight doze amali cakes.

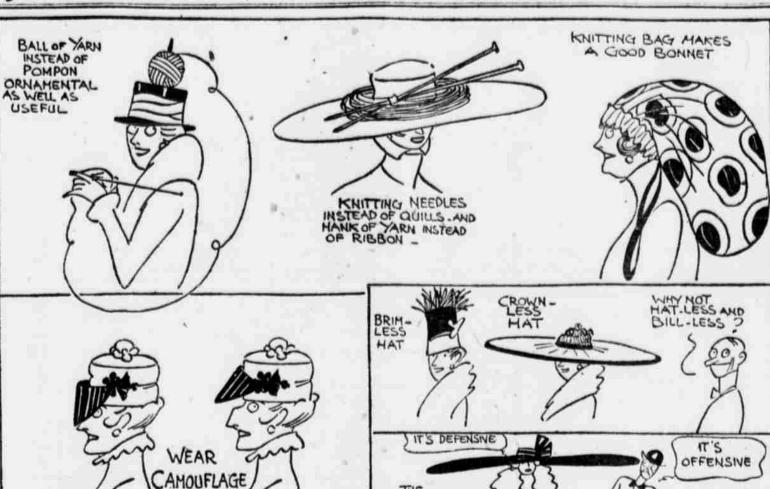
HONEY HERMITS.

One-quarter cupful shorrenting & cupful honer, transportal initial sure; 1 cm; 1 cm; in transport raisine, I temperature code, to teaccoordinal, about it cupfuls party from. Heat the shortening and the honey together until the shortening is melted, add the mixed spices, using cinnamen, cloves and numer. Allow it to cool. Then add the egg well en sifted. Add more flour if med in squares, and bake

moderate oven. (Reprinted from Good Houseksening)

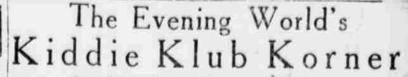
by The Press Publishing Co.
(The New York Evening World.)

By Maurice Ketten



OFFENSIVE DEFENSIVE

LIKE



Conducted by Eleanor Schorer

"Under-the-Sky" Stories.

"A PENNY for your thoughts,

Tom turned from gazing out at the rain and said: "You may have the penny, May, if you can guess

"You were thinking that the hill and the pond will be spoilt," answered May. "Did I look as glum as all that?"

laughed the Scout. "No, I was thinking of our sugar bush. It is time to tap it." Sure enough!" exclaimed May. "I

had forgotten all about it. How much syrup will one maple tree give?" From twelve to twenty-four gal-

lons, I hear."

"Just think what we can do with all that syrup. We will hell it down and make maple sugar. Then we can sell the sugar (almost everybody simply loves maple sugar) and with the money we can help the Red Cross or buy War Savings Stamps, or"—

"Aren't you running ahead?" interputed from smiling all May's castles.

rupted fom, smiling at May's enthusiasm. "We must tap the tree first."
May smiled too, then remarked:
"Why, the rain has stopped!"
"Yes, let us visit Farmer Smith. He will show me how to make a spile,"
answered Tom.



bit so that it can be forced into the "Pinished, the spile should look like



"When you get that done, just come

"When you get that done, just come "one help too."
"Of course," agreed Tom. amused. "Making splies is boys work!"
Farmer Simith was at home and glad to itell them how to go about tapping their sugar bush.
"Take a branch about an inch in diameter," he said, "and cut a piece five inches long. Next peel off the bark, cut through the diameter for half the length, making a half sylinder shape of one half and leaving the other half a complete cylinder shape. Make a groove in the dat end and a hole through the cylindrical part.

"When you get that done, just come "round and borrow my spench auger bit and bore, bore a hole about three linches into that there sugar maple, drive the round spile end into the tree, hang a pail on a nail underneath it and watch the sweet sap drip, d

Cousin Eleanor's Klub Kolumn

U. S. Government loans will be announced on saie and certainly every Khab member is anxious to help the big cause all they can. If we begin now our share in this work can be a large one and we can make Uncle Sam mighty proud of us. Every one knows that it takes Kiddies longer to knows that it takes Kiddies longer to help that it does grown folks: save up than it does grown folks; that is the reason why I am talking to you so far ahead. Many of our Klub members bought

Dear Kiddie Klub Mem- Liberty Bonds in the fall. How many bers:

Will we subscribe to in the spring issue? I hope every one will.

Let us work and save so that when the time comes we can buy and distinguish ourseives.

Let us make our record a glorious one.

In a few months the third issue of one.

Let us show the whole world what

QUESTIONS AND ANSWERS. Dose pramanship count my toward wants

Cousin Eleanor.

MY VALENTINE.



MY KIDDIE RLUB. I love it in the sunshine, I love it in the rain, I love it through the night love,

And I tope if all the day, No heart could ever curry

For I love it all the lime.

LORRAINE DODS, age 13, No. 413 South Fifth Street, Mount Vernon,

PENNANT WINNERS.

clusive, are invited to enter

positions, using for their subject the month of March.

A prize of \$1 will be awarded each ching who writes the heat composition

The other shock his bead, unting others and certificate number.

The other shock his bead, unting others and certificate number.

The not use more than 200 words.



"Would you swear that you have "Certain's," amtied the Greek, (To Be Continued.)

EDGAR_WALLACE SHINY NOSE—MURIEL C.: Keep the greasy parts of the face free from sell by frequent washings with seap and hot water. Follow with cold water and apply an astringent to close the peres, which are too active. Use the following astringent to belp close the following astringent to belp close. Honey a Substitute For the Want of Missing Evidence, was also as the face free from the water and apply an astringent to belp close and hot water. Follow with cold water and apply an astringent to belp close the peres, which are too active. Use the following astringent to belp close the following astringent to belp close a Net of Suspicion Is Drawn About an Innocent Man. About an Innocent Man. Substitute

HAT

AND

BE

BEAUTIFUL

I don't think you will advantage him at-able from another direction, by telling it," he said. "There is viously he couldn't come down the scene of the tragedy. A curious he three away his cigar."

"His cigar?" said Manous in surered, looking with morbid interest at prise.

"His cigar," repeated T. N. "If he has a matter of fact the chauffeur has on duty, and to him was alone, he would keep his cigar been, called the state of the tragedy. A curious he three away his cigar."

"His cigar," repeated T. N. "If he has a matter of fact the chauffeur has on duty, and to him was alone, he would keep his cigar been, called the state of the tragedy. A curious he three away his cigar."

"You can charge him with anything trained his eyes as though considerable."

"I him it must have been almost cur to you on your way up to town.

"Think again," said T. X. EXMAN'S friend lifted the He gave a sketch of the case from start to finish in as brief a space of time as possible.

(Continued.)

EXMAN'S friend lifted the drawer carefully and placed it under the hight. In the bottom was no more than a few crumpled white ashes and a r of paint where the finame had noted for their keeping qualities. For this reason, the use of honey is recommended for wedding or black fruit cake, while it gives a richness to flavor and texture to even a plain loaf like the following:

He saw something more than that handful of ashes, he saw the deadly honey. I doubt very much whether some rough attempt had been made to close the gap with a barbed will be responsible to step over the following in the stage of the very promissory note which had evidently been used as brought it with him, I cannot say. Anyhow, I doubt very much whether some rough attempt had been made the same shall be supposed to the step over the first of paint where the flame had the man's body were found particulars cross thus formed the heagen we had evidently been used as brought it with him, I cannot say. Anyhow, I doubt very much whether some rough attempt had been made the supposition of the very promissory note which had evidently broken, admitting to a field when the man's body were found particulars cross thus formed the heagen we had evidently broken, admitting to a field when the man's body were found particulars cross thus formed the heagen we had evidently broken, admitting to a field when the man's body were found particulars cross thus formed the heagen we had evidently broken, admitting to a field when the man's body were found particulars cross thus formed the heagen we had evidently broken, admitting to a field when the man's body were found particulars cross thus formed the heagen we had evidently broken, admitting to a field when the man's body were found particulars cross thus formed the heagen we had evidently broken, admitting to a field when the man's body were found particulars cross thus formed the heagen we had evidently broken, admitted by the broken and evidently bro

"Kara hurnt it." said Lexman in a low voice. "I remember seeing him take it up from the table and throw it in the fire."

"I really know nothing," he continued to the fire. "I really know nothing," he continued to the fire. "I really know nothing," he continued to the fire. "I really know nothing," he continued to the fire. "I was as near to like truth as you might expect T. X. to reach on the search, but without success. "I am afraid we shall find nothing the evidence," he said grimly, and when an hour later, the village constable returned to report that in spite of his most careful search be had failed to discover the dead man's revolver, his anticipations were realized. The next morning John Lexman was lodged in Lewes lail on a charge of murder.

A triegram brought Mansus from London to Beston Tracey, and T. X. to see hook bere head saily.

"I sent for you, Mansus, because I suffer from the illusion that you have more brains than most of the people in my department, and that's not saying much."

"I am very grateful to you, sir, for "idw did John Lexman happen to "He could have chosen this piece."

"I am very grateful to you, sir, for "idw did John Lexman happen to "He could have chosen in the pople in my department, and that's not saying much."

"I am very grateful to you, sir, for "idw did John Lexman happen to "He could have chosen this piece."

"He could his natural de-constitued the spot with the continued that the spoul into the ground and continued to search, but without success. "I am afraid we shall find nothing the search that the search that the ground and continued the spot into the ground and continued the provide that is got into the ground and continued the spot into the ground and contin

saying much."

"I am very grateful to you, sir, for putting me right with the Commissioner," began Mansus, but T. X. stopped him.

"It is the duty of every head of department," he said oracularly, "to shield the incompetence of his subordinates. It is only by the adoption of our honeymoon, Mr. Kara came to sus. That there was one occasion. shield the incompetence of his subor---which was really a prolongation of you. Always remember that dinates. It is only by the adoption of our honeymoon. Mr. Kara came to sus. That there was one occasion of

THE TWISTED CAN

MUCH

"There is viously he couldn't come down the by telling it, he said. There is viously he couldn't come down the nothing whatever to connect Kara road and climb in without attracting with this business, and you would the attention of the Greek who was only give your husband a great deal waiting for Mr. Lexman. We may of pain. I'll do the best I can." suppose there is a gate further along the held out his hand and she the road, we may suppose that he engrasped it. A few minutes later he tered that gate-came along the field found Mansus waiting for him in a by the side of the hedge and that car outside and they soon were at somewhere between here and the rate the scene of the tragedy. A curious he three ways his circur."

"He missit have thrown it."

road." said Mansus.

"Don't jibber," said T. X., and led cause the boat will have left liover the way along the hedge. From hed will have landed him at houlogue, where they stood they could see the left if by any linck you get him, keep gate which led on to the road about him lusy until I set back."

a hundred yards further on. Within T. X. himself was a busy man that a degen yards of that gate T. X. day, and it was not until night was a degen yards of that gate T. X. day, and it was not until night was a degen yards of that gate T. X. day, and it was not until night was a degen yards of that gate T. X. day, and it was not until night was not until a hundred yards further on. Within a dozen yards of that gate T X found what he had been searching for, a half-smoked cigar. It was sodden with rain. He picked it un ten-

he said. "cut with a penkufe, and smoked through a holder." They reached the gate and passed through. Hers they were on the read again, and this T. X. followed until they reached another cross road to the left inclining southward to main Easthourne Road and the

be westward looping have

"A good cigar, if I am any hidge."

Lewes-Eastbourne Railway had obliterated much that T. backing for, but presently he found a faint indication of a car wheel.

"This is where she turned and oacked," he said, and walked slowly is the road on the left, "and tilly is whereaste stood. There is the greate from her engine."

Its stooped down, "And here are

the wax matches which the chard ruck," he counted, "one, two, in our, five, wix, allow three for a garette on a boisterous night, out night, that makes three cupace

•ere is a superette end of a recoverand," be said, as he examined a refully, "and that brand = note f.

in road. After that it was been as result of all the market because rain but fallen cases where programmed total the night and in the early house strongers are since Tax-rise marking. He drove his sector 1 think is due to tree a derity of our to the realization in the market of the train at 1 o'clock in Lember 4 Again the other was blind back four will go straight to the dogs and puzzled by the I possess of the

LONG LIVE THE KING

1 HATE

ITI

NINETY

DOLLARS

THIS GREAT ROMANCE OF MARY ROBERTS RINEHART

Will Begin on the Home Page Monday, March 4

suppose there is a gate further along Square and arrest the chauffour of man from whom he had expected at "Upon what charge?" asked Man-

sale. When he dead ind Vassiano lais uses and the scene of the tragedy. A curious he threw away his care.

When he dead ind Vassiano lais uses also were the scene of the tragedy. A curious he threw away his care.

"His cigar?" said Manous in surjusted by the scene of the tragedy. A curious he threw away his care.

"His cigar?" said Manous in surjusted by the place where the body had been of the public life can be observed.

Now, get down to this."

The pays a sketch of the case from ungracious task of warning he road. So were the public life can be observed.

Now, get down to this."

The pays a sketch of the case from ungracious task of warning he road. So were the countries. If the might have thrown it lain the corning's train for the countries. If the pays a sketch of the case from ungracious task of warning he road. So will have left liever and bottling becoming the pays and will have left liever and will have l

day, and it was not until night was
failing that he again turned to Beston
Tracey to find a biegrain waiting for
him. He opened it and read.

"Chauffence name Goole, Formerly waiter finglish Club, Constantinople, Left for east by early
train this morning, his mother being ill."

this mother Bil" said T. N. contemptuously. "How very feeble - a should have thought Kara could have He was in John Lexmon's study as the door opened and the maid an-counced, "Mr. December Rara."

CHAPTER VII.

walstoat packet. He fas vored the newcomer with a "To which latter are you refer. It is not a continued the ring?" asked the other, with a lift of clusive, are invited to enter to this visitor. Lexima received a threaten-

"So I am told," well T. X., "but you also read it. Mr. Lexman, to child who writes the don't let your friends on the Lexman safe in a steel drawer."

(Confessants miss

He found no other trace of car "I I were you!" and T. X., "I should though be carefully followed shouldn't let that first keep me awake murn road. After that it was hope as a result of all murdered as a parch because rain but roles.

ieast the official manner.
"When did you see Mr. Vassalars last" asked T. X. pleasantly. Lara "Think again," said T. X.
For a second the Greek started and again relaxed into a smile. I am

affait," he began.
"Hont werry about that," said T.
X., "but let me ask you this ques-tion. You were here last night when Lexman received a letter. That he did receive a letter, there is con-siderable cylictice." he said as he saw the other bestate. "because we have the supporting statements of the ser-

vant and the postman.
"I was here," said the other desh-erately, "and I was present when Mr. A letter written on some brownish

paper and rather bulky." he sugmentary hesitation. I would not swear to the color of

'I should have thought you would,"
surgested T. K. "because, you see,
you burnt the savelope, and I pre-samed you would have noticed that." X folded the telegram care any envelope," and the other easily.

Yelly and supplied it into his walstear peaker, lie far "when Mr. Lexman read this letter TEST—Subject: "MARCH."

"I think you know my name," said ing letter," repeated T. X. patiently, in Kara pasily, "I am a greed of poor was addressed to him by Vassaliary in This letter was handed to you and the commandation of the

refully, "and that brand condend to dear the point of the

T. N. "I setter, nor read it, nor have it read to me awake to you, and that you have no knowledge whatever of such a letter have ton. The ing been received by Mr. Leximan."

"Most certainly," said the other